Website Name: FitFood- Ultimate Meal Planner

Description: FitFood is a website designed to help people reach their fitness goals. Users plan their meals to meet their own goals, whether it's to lose weight, gain weight, or simply try to eat better. FitFood offers personalized meal plans that follow the users' goals and give them recipes to make good and healthy foods. The website can also incorporate users' health data from workouts to understand how to tailor to the users' goals. By combining nutritional education with meal tracking tools, FitFood allows users to stay consistent and achieve long-term results.

List of Pages:

- Home- Overview of the website and its tools.
- About Us- Information on the goals of the website and why I started it.
- Meal Plans- Pre-made meal plans based on goals.
- Recipes- Large database of healthy recipes.
- Blog- Articles about fitness and sports.
- Contact Us- Allows the user to contact us about concerns or questions
- User Database- Section with all the users' data for them to follow, such as meals and goals.

Data:

We will store a variety of user-related data and nutritional information. For recipes, the database will contain the name of the dish, ingredients, cooking instructions, calories, proteins, fats, and carbs. For meal plans, it will be similar, but it will be centered around the user and their goals. Users who allow their fitness data to be incorporated will also be private, and it will allow the user to see how their diet could be better based on their day-to-day life. Only admins will be able to see the data and edit, add, or delete based on their feelings.